

## BOOK REVIEWS



IN CHARGE OF  
**M. E. CAMERON**

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PRACTICAL NURSING. A Text-Book for Nurses, and a Hand-Book for all who Care for the Sick. By Anna Caroline Maxwell, Superintendent of the Presbyterian Hospital School of Nursing, and Amy Elizabeth Pope, Instructor in the Presbyterian Hospital School of Nursing. G. P. Putnam's Sons, London and New York. The Knickerbocker Press.

The appearance of this work, the fruit of the conjoined labors of Miss Maxwell and Miss Pope, marks a turning point in nursing literature. Up to the present time, the "text-book," and "hand-book" of nursing, have treated of subjects, which, while they necessarily and indispensably belong in the curriculum of every school for nurses, are yet subjects quite apart from practical nursing in the hospital wards or at the bedside of the sick, and quite out of place in a text-book of nursing. One reason for this error in classification has undoubtedly been, that many text-books of nursing have been written by men, who were not so well posted in practical nursing as in anatomy, physiology, surgical technique, etc., and so we have had many successful text-books on nursing, containing a minimum of nursing proper, but well padded with subjects germane, more or less. The present volume differs widely from this class—in which we do not include Mrs. Robb's text-book,—and it differs also from Mrs. Robb's book in that it does not concern itself in the least with hospital administration except in so far as this depends upon the faithfulness and efficiency of the hospital staff from the greatest to the least. The present volume assumes in the opening chapter that women presenting themselves as candidates for training in nursing the sick shall come fortified with good health and prepared to maintain the same by sane hygienic living—fresh air night and day, due regard for wholesome food, and proper amount of sleep; exquisite personal cleanliness, etc. To good health she must be able to add as her second qualification the evidence of education, or failing this, at least some guarantee that she has the capacity for education. The third and

last qualification the authors call the moral—and under this head include, *neatness, economy, courtesy, obedience, promptness, sympathy, tact, truthfulness, dignity, respect for officers, and respect for the secrets of others*. No hint here for a field for over-training—honesty and intelligence being the only attributes besides health which a prospective probationer need possess. The book proceeds with a chapter on bacteriology—its relation to disease—manner of classification of bacteria and means of preventing their increase—methods of destroying germs and rules for making germicidal and disinfectant solutions. Next comes ventilation—the care of the ward, referring back to the chapter on bacteriology for the reasons for special precautions against accumulations of any sort of dust, rust or other sign of foreign matter. The making of beds—care of patients—symptoms—charting, and recording.

Baths and packs have their own chapter, where we have the simplest and plainest information—the most minute details relating to the comfort of the patient—the most exact authority for temperature, time, etc. No less attention to detail is given to the chapters which follow—on counter-irritants; the urine; enemata; lavage; douches. The administration of medicines, Chapter XV, outlines what a nurse ought to know (very briefly) about medicines; gives the rules for estimating the percentage of solutions, for estimating the dose of a different fractional part of grain from the drug on hand, for estimating a child's dose. Gives the different weights and measures including the metric system; the symbols and abbreviations used in prescriptions and chemistry. Demonstrates the administration of medicines through the skin; by rectum and by inhalation; also the application of medicine to the eye. The same chapter concludes with the keeping of medicine lists, order books, and the immaculate care of the medicine case.

Emergencies, medical and surgical; bandages, strapping, and splints; these in three chapters are also demonstrated. Chapter XIX brings us to surgical dressings. We have exact rules for the cleansing and sterilization of everything which is to be brought in contact with the wound, of everything which enters the operating room or is placed upon the dressing tray for the bedside dressing. Treatments which require aseptic precautions follow in line—as aspirations, hypodermoclysis, injections of antitoxines, and vaccination, intubation and the taking of throat cultures, and cultures of the blood. Following these come operating-room technique; synopsis of important diseases, a short chapter on food and then the XXV and last chapter which very briefly outlines the use of massage and some of the movements employed. This is followed by the usual glossary and index.

One needs to read the book to appreciate it; a mere enumeration of the subjects gives no hint of the immense amount of care taken to quote methods which have been proved by experience in many schools to be the means best adapted to give good results and at the same time to insure the comfort and confidence of the patient.

Practical experience speaks from every page of the book—this gives it at once its greatest value and its charm. With all due regard to other schools throughout the country it must be acknowledged that many are unable from one reason or another to attain to the fine standard which the Presbyterian Hospital School of New York has set, and it is a matter for congratulation that those who have made the success of the school are so generous in sharing the result of their experience and labor. Not an idle word—not a shred of padding is to be found between the two covers. Vain repetitions are studiously avoided—the pupil being referred to page and chapter whenever it is necessary to draw on a previous lesson. A feature of marked importance is the footnote which is repeatedly employed throughout the book to attract and hold the attention to some point of vital importance. The authors have our heartiest congratulations and best wishes for the success of the book both as a literary venture and a financial investment.

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**FOODS AND THE ADULTERATIONS.** Origin, Manufacture and Composition of Food Products; Description of Common Adulterations, Food Standards and National Food Laws and Regulations. By Harvey W. Wiley, M.D., Ph.D. P. Blakiston's Sons & Co., 1012 Walnut St., Philadelphia.

This book gives a great deal of valuable information regarding foods, and the title fails to convey any adequate idea of the many sided interest which the subject includes. Beside what is indicated on the title page, there is matter to carry the reader far afield in the arts and sciences. If one wanted a whole library in one book this comes as near it as one could well hope to find. Of course there is everything relating to meat and milk and oleomargarine and all the things one expects, but there is also much more; there is chemistry, botany, bee-keeping, sugar milling, an exhaustive article on fungi, ditto on fruits, nuts, in fact while it is a book which cannot be said to belong to any particular class of readers, there is in it something for all. It is very handsomely gotten up. There are eleven plates in colors and many other illustrations.